

Cream of Yam and Spinach Soup

Ingredients:

- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 red bell pepper, seeded and chopped
- 2 tablespoons minced garlic
- 1 cup all-purpose flour
- 3 (16-ounce) cans fat-free chicken broth
- 3 cups fresh yams (sweet potatoes), peeled and diced, OR,
- 1 (29 ounce) can yams, drained
- 1 (10 ounce) bag fresh spinach leaves, stemmed and coarsely chopped
- 2 cups skim milk
- 1/2 cup sliced green onion stems (scallions)
- Salt and pepper to taste



Directions:

In a large heavy pot, coated with nonstick cooking spray, and over a medium-high heat, cook the onion, celery, red bell pepper and garlic until the vegetables are tender, about 5 to 7 minutes. Stir in the flour and gradually add the chicken broth, whisking until the soup is blended. Add the sweet potatoes and bring to a boil; reduce heat and cook approximately 20 minutes* or until the potatoes are very tender. Add the spinach, milk, green onion stems, salt and pepper. Cook until spinach is wilted and soup well-heated and thickened, about 5 minutes.

Makes 8 Servings.

*Note: If using canned yams, cut in small chunks and stir in at the end of cooking.

Nutrition information per serving:

Calories: 208

Total fat: 1g

Carbohydrate: 40g

Cholesterol: 1g

Sodium: 197mg

Protein: 11g

Exchanges: 2 Starch, 1/2 Milk or Other Carbohydrate

Sodium: 157mg

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